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July 26 1999 AUG -3 P1:52

Jane Henney, M.D.
Commissioner
Food and Drug Administration
5600 Fishers Lane, Room 1471
Rockville, MD 20857

Dr. Henney:

I have been a life-long student of natural remedies/medicines/preventive care.

In my course of searching for the best possible way for me to be healthy and stay healthy, I have discovered a multitude of herbs/natural substances that have, at the age of 57, "preserved me well".

I am an ardent follower of Julian Whitaker, M.D. and a subscriber to his newsletter "Health and Healing". It has come to my attention that he has been instrumental in pushing four specific claims for the FDA to act upon.

1. Supplementary intake of folic acid, vitamin B6, and vitamin B12 may reduce the risk of cardiovascular disease.
2. Daily use of saw palmetto extract may improve urine flow and reduce nocturia and voiding urgency associated with mild benign prostatic hyperplasia.
3. Psyllium seed husks used as a dietary fiber supplement may reduce the risk of heart disease.
4. Supplemental vitamin E may help prevent cardiovascular disease.

I support this, and feel that if these claims, with more than sufficient research behind them, are denied, the FDA will have abandoned thousands, millions of people, who need and deserve this information to be made public.

To me, this is only scratching the surface. There are so many more natural agents/compounds that support good health.

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I believe the FDA, in its charter to protect/help the public in health concerns, has accepted a far too stringent stance in not allowing information regarding proven natural elements to be as readily available to the public as information regarding pharmaceuticals.

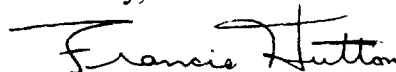
In fact, the bias is towards pharmaceuticals, which I believe in many instances can cause more harm to an individual than natural healing substances. All one has to do is read the warnings on the paper given to him/her along with any prescription "drug" and compare that to known dangers of nutritional substances. The problem is that the majority of the public does not have access to the information on nutritional supplements. It is kept from them "for their own good".

I take pharmaceuticals when I feel I need to do so. I consume nutritional supplements so I don't have to, and won't have to, take more pharmaceuticals. This is my choice, and that is the way I want it to be – my choice. I do not want the FDA telling me I can't make that choice – that something is, or may be, harmful to me when I know that it is not.

My interest in natural remedies is inherited. My great-grandfather and great-grandmother were herbalists in their time. Before a medical doctor was available to them in their rural community in Indiana, people came to them for help with their maladies and they were able to help them with the herbs they grew in their garden.

It is time that we stand back, take a deep breath, and reassess how the excitement of the influx of "miracle cures" of modern medicine has pushed aside the role of natural remedies in keeping and making people healthy.

Sincerely,

A handwritten signature in cursive script that reads "Francie Hutton". The signature is written in dark ink and is positioned above the printed name and address.

Francie Hutton
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CROSS FILE SHEET

File Number:

99P-3029/c38

See File Number:

99P-3030/c38